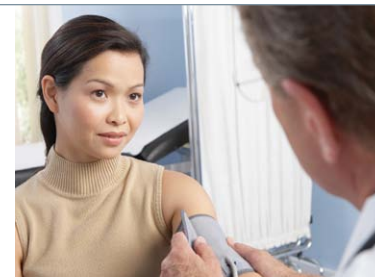


Source4Women

Healthy Heart Checklist

It's important to know what you can do to help reduce your risk.



Take these questions and discuss them with your doctor:

1. What are my risk factors for heart attack? How can I manage the risk factors within my control?

Age	
Gender	
Family History	
Weight	
Smoking	
Stress	

2. Are my cholesterol levels healthy?

Recommended Targets:

Total Cholesterol: 200 mg/dL or less	
HDL ("Good") Cholesterol: More than 60 mg/dL	
LDL ("Bad") Cholesterol: Less than 100 mg/dL	
Triglycerides: Less than 150 mg/dL	

3. How can I reach or maintain healthy cholesterol levels?

4. How can I reach and maintain a healthy blood pressure level? (A reading of less than 120/80 mm Hg is considered normal.)

5. How often should I have my blood pressure checked?

6. What is my Body Mass Index (BMI)?

The body mass index is one tool you can use to help determine a healthy range of body fat for your height and weight.

To figure your BMI, multiply your weight in pounds by 703, divide by your height in inches, then divide again by your height in inches.

For example, to get the BMI for a woman weighing 150 pounds and 5' 6" (66 inches) tall:

$$150 \times 703 = 105,450$$
$$105,450 \div 66 = 1597.7$$
$$1597.7 \div 66 = 24.2$$

Based on the chart below, her BMI of 24.2 would fall in the normal range.

BMI	Weight Status
Less than 18.5	Underweight
18.5 - 24.9	Normal
25.0 - 29.9	Overweight
Above 30.0	Obese

7. How can I reach or maintain a healthy weight?

8. How can I manage stress?

9. What should I do to increase my physical activity levels?

The American Heart Association recommends that healthy adults ages 18–65 get at least 30 minutes of moderate exercise five days per week.

10. What tests should I know about?

